



January Newsletter, 2013

Red Cliff Community Health Center

Healthy Choices Healthy Living

Did you know a healthy diet and physical activity can help reduce cancer risk? Getting to and staying at a healthy weight, being physically active, and eating a healthy diet can help you stay well and help reduce your cancer risk. And you can start eating smarter and be more active anytime at any age. If you want to make changes try some of these tips. Start slowly small steps can add up to big changes.

1. Stay at a healthy weight all your life. Balance calories with physical activity. You should be active enough each day to burn off the calories you take in that day. Do not gain a lot of weight as you get older. Get to and stay at a healthy weight if you are overweight or obese. Looking at your BMI (body mass index) is one of the best ways to find out if your weight is best for your height. You can find out your BMI by asking your health care provider or by using a online calculator (visit www.cancer.org and search BMI calculator). Today it seems everything is “super sized”. Cutting back can be as simple as watching your portion sizes. Read food labels. Low fat and fat free doesn't always mean low calorie. Read food labels so you know what your eating. Low-fat foods are often high in calories and sugar. Try vegetables, fruits, and whole grains . **2. Be active.** Adults should get at least 30 minutes of moderate to vigorous physical activity– added to their daily activities- on 5 or more days of the week. Children and teens should get at least 60 minutes of moderate to vigorous physical activity on 5 or more days a week. Moderate activities are those that take about as much effort as a brisk walk. Vigorous activities make you use your large muscle groups and you should notice increased breathing and heart rates and sweating. Your physical activity doesn't need to be done all at once, but exercising at least 20 minutes at a time gives the best results. **3. Eat a healthy diet, with more foods from plant sources.** Eat 5 or more servings of a variety of vegetables and fruits each day. Choose whole grains. Limit how much processed meat you eat (bacon, hot dogs, and cold cuts) and red meat like (beef, pork, or lamb) you eat.





Secondhand Smoke and Your Baby



Secondhand smoke is very dangerous to your baby. Children who breathe other people's smoke:

- Are more likely to be irritable and cranky.
- Are more likely to have sore eyes, noses and throats.
- Cough and wheeze more.
- Have more lung infections and other lung illnesses like asthma, bronchitis and pneumonia.
- Have more colds, ear and throat infections.
- Are twice as likely to die of SIDS (Sudden Infant Death Syndrome).
- Those who breathe secondhand smoke inhale the same cancer causing poisons as smokers.
- Children who live with parents who smoke may inhale the equivalent of 102 packs of cigarettes by the age of 5.
- Secondhand smoke can remain in the home even if smoking took place months earlier. Smoke particles are stored everywhere including: carpets, furniture, curtains, walls, ceiling tiles, toys, dust, clothing, hair and skin.
- It's not enough to open a window, use a fan, go into another room, or use an air purifier

And over time, children exposed to secondhand smoke will likely have more hospitalizations, more missed school days, and more problems in school. That means not only poorer health for your child but greater inconvenience to you as you make more trips to the doctor's office.

- Create a smoke free home:
- Ask others not to smoke in your home or car.
- Post "Thank you for not smoking" signs in your home and car.
- Designate smoking areas outside.
- Remove ashtrays and lighters from your home and car.
- Offer gum and mints as alternatives to smoking.
- Avoid places where people are smoking.
- Smokers should wash their hands and change clothes before holding baby.





Pre diabetes screening, who needs it?

January, 2013

Health Tip: Should I Be Screened for Pre diabetes?

Pre diabetes is a condition characterized by abnormally high sugar levels that are not so high that diabetes may be diagnosed.

The American Diabetes Association say people age 45 or older who are overweight should be screened for Pre diabetes. If you are a healthy weight but in this age group, ask your Doctor if you should get tested.

Others who may need a blood test for Pre diabetes include those younger than 45 with:

- : High blood pressure
- : Low HDL (“good”) cholesterol levels and high levels of triglycerides or blood fats.
- : A family history of diabetes or a personal history of gestational diabetes (diabetes in pregnancy).
- : A baby that weighed more than 9 pounds at birth.
- : Black, Hispanic or American Indian ancestry because these groups are at higher-than-average risk of diabetes.

The Red Cliff Health Center provides free monthly health screenings, including BS, at various sites around the community. Flyers are posted at the Health Center and around the community to let you know where we will be testing and the times and date.

If you have any questions, you can call Carolyn Maunu at the 715-779-3707 ext. 235.





Talking With Children about Recent Events

Children look to their parents and caregivers to feel safe when frightening events occur in the world. The recent school shooting can raise strong emotions in adults as well as children, and there are important things you can do to help yourself and your child.

- **Talk with your child.** Talk with your child about any fears they may have. Assure them schools are very safe places and grown-ups talk about ways to keep children safe. *Local law enforcement continue to meet with Tribal Administration and ECC and Bayfield School staff to review safety policies.*
- **Protect children from the news/television.** Young children cannot separate events seen on TV from their lives. Turn off the TV/radio when your children are around.
- **Spend extra time with your children.** Play games, read books, make crafts, run around outside – children feel safe when spending time with people **they** love.

Infants to Age 3 Children this age, while not having an understanding of what occurred, can respond and react to a change in routine and to the feelings and emotions of their caregivers. Give your child **extra** time with you - reading books, snuggling with a lighthearted movie, or rough-housing and tickling. *Children get a great sense of security from a regular routine.*

Ages 4-7 Children may become very concerned about their own safety and that of their immediate family. Try to get them to express what they are concerned about and listen respectfully. Some children may become clingy, want you to stay with them, or seek to sleep with you. This is a normal reaction to stress. Reassure them, give them lap time, and talk with them about what is happening in a way they will understand. Keep a regular schedule. *Most importantly, give them the message that grown-ups are there to watch over them and keep them safe.*

Ages 8 and up Sit down with your children and discuss what has occurred in a way they will understand. Listen to their fears and concerns and their anger and sadness. Listen to their “What if” questions (“What if it was brother, or me, or Mom?”). Know that there are no answers we can give, but that it is very important to allow children to express their concerns. Let your children speak – we don’t want them to be alone with their fears. *Reassure them that grown-ups in the community work hard to keep them safe.*





The Red Cliff Community Health Center is participating in two National Initiatives to better the health of the people we serve. The Million Hearts Campaign and The Early Childhood Caries program are being carried out by improvement teams dedicated to managing, measuring, and evaluating health outcomes.



Death rates from heart disease are higher among AI/AN people than other groups. Heart disease represents the leading cause of death for AI/AN people above 45 years of age. Unlike other racial and ethnic groups, American Indians appear to have an increasing rate of cardiovascular disease. This is likely due to the high occurrence of diabetes.

A comprehensive CVD (Cardiovascular Disease) assessment includes all of the following: The % in bold is how we at the clinic are doing:

- Blood pressure taken at least twice in the past two years- **87%**
- LDL cholesterol completed in the past five years- **82%**
- Screened for tobacco use during the year- **86%**
- Determined patient's weight status (body mass index [BMI])- **86%**
- Counseled patient during the year to encourage changing their nutrition and exercise habits- **31%**

Million Hearts aims to prevent heart disease and stroke by:

- Improving access and quality to effective care.
- Focusing clinical attention on the prevention of heart attack and stroke.
- Activating the public to lead a heart-healthy lifestyle.
- Improving the prescription and adherence to appropriate medications.



Early Childhood Caries (ECC)



Early Childhood Caries (ECC, early childhood tooth decay) is an infectious disease that can start as soon as an infant's teeth erupt. **ECC can progress rapidly and may have a lasting detrimental impact on a child's health and well-being.** ECC is a serious health problem. ECC is defined as any caries experience in a child less than 6 years of age.

The program aims to prevent ECC by:

- Increasing access to oral health care
- Creating awareness and Using evidence-based prevention
- Collaboration to include the oral health care team, medical providers, Community Health Representatives, Head Start staff, and WIC.

We are at 60% of Fluoride Application Pediatric Patient Population

Fluoride is a mineral that occurs naturally in many foods and water. Fluoride helps prevent tooth decay by making the tooth more resistant to acid attacks from plaque bacteria and sugars in the mouth. It also reverses early decay.

Diabetes and Cancer

Pancreatic Cancer

Exocrine pancreatic cancer is more common in people with Diabetes. The reason for this link is not known. Most of the risk is found in people with type 2 diabetes. This type of diabetes most often starts in adulthood. It is often related to being overweight or obese. It is not clear if people with type 1 (juvenile) diabetes have a higher than average risk. In some patients, though, the cancer seems to have caused the diabetes (not the other way around).

Liver Cancer

Diabetes can increase the risk of liver cancer. This is more common in people with diabetes who also have other risk factors such as heavy drinking and/or hepatitis.

Endometrial (Uterine) Cancer

Diabetes is more common in people who are **overweight**. This could be why diabetes is a risk factor for endometrial (uterine) cancer. But some studies suggest that diabetes by itself, even when the person is not overweight, could be a risk factor.

Colon or Rectal Cancer

People with type 2 (usually non-insulin dependent) diabetes have an increased risk of developing colorectal cancer. Both type 2 diabetes and colorectal cancer share some of the same risk factors (such as excess weight). But even after taking these into account, people with type 2 diabetes still have an increased risk. They also tend to have a less favorable prognosis (outlook) after diagnosis.

Stomach Cancer

Emerging studies tell us that there may be a link between Diabetes and stomach cancer.

Other Cancers

Studies are being done to determine the link between Diabetes, Insulin and cancer

Common Risk Factors—The Path to Prevention

The risk factors for cancer, Diabetes and heart disease are the same. So are the things that increase your protection against these diseases.

- Maintain a healthy weight

- Regular exercise: 30 to 45 minutes 5 or more days a week

- Health diet—at least 5 servings of fruits & vegetables daily; whole grains; low fat; limit eating red meat and processed foods; eat fish and chicken

- Regular visits to your health care provider for routine screenings for cancer, Diabetes, blood pressures, cholesterol, etc.

- See your health care provider if you have any unusual physical changes

Key Messages

Food and Fitness

- Maintain a healthy weight by choosing fruits and healthy foods as snacks and by changing the recipes you use to lower the saturated fat, sugar, and calories.
- Find ways to incorporate more physical activity into each day by taking family walks, parking further away from the entrances to stores, taking the stairs instead of elevators, and by limiting the daily amount of TV or video games for your children and grandchildren.
- Ask for healthier food choices at your workplace and at your children's schools.
- Choose restaurants that offer healthy meal options.
- Help increase access to safe and enjoyable places to walk, and bike, and be active in your schools and communities.

Nontraditional Tobacco Use

- If you use tobacco regularly, quit. If you don't use tobacco, then don't start.
- Talk to your children and grandchildren about the dangers of tobacco. The biggest influence in a child's life is their family.
- If you need help with quitting tobacco, each state has a tobacco Quitline with trained counselors that can help you make a plan and provide information on nicotine replacement therapy and alternatives.
- Encourage local restaurants and businesses to go smoke free and stay smoke free by supporting smoke free laws and policies.
- Take the lead on educating your community about the dangers of regular tobacco use and the harmful effects that it has on the health of the community.



Photos Courtesy of Gary Robinson, Tribal Eye Productions



Key Messages

Sun Safety

- Slip on a shirt, slap on a hat, slop on some sunscreen, and wear sunglasses whenever you are outdoors.
- Teach your children and grandchildren to wear clothing that will protect them from the sun's rays and make sure they wear a sunscreen with an SPF of 15 or higher.
- Let others know about the dangers of getting too much sun and the importance of wearing sunscreen every day.
- Work with your community to increase the availability of shade and sunscreen during outdoor community events.

Environment and Community

- Only a very small percentage (7%) of cancers is caused by chemicals, air pollution, and job-related exposures. You can do more to impact your risk of cancer by choosing healthy ways of living.
- Even if a substance or exposure is known or suspected to cause cancer, this does not mean that it should always be avoided. For example, the benefits of medical radiation generally outweigh the risks.
- There are more than 400 different carcinogenic chemicals in a cigarette.

Infectious Diseases

- Only about 10% of cancers are related to infections. Getting the available vaccinations and practicing good hand washing techniques can help to prevent some of the infections that have been linked with cancer.
- The HPV Vaccine can prevent against certain types of HPV that have been linked to nearly 70% of cervical cancers.
- To prevent abnormal cervical cells and cervical cancer, vaccination against certain types of HPV is recommended for girls between the ages of 9-26.
- Be aware of your risk of infection for Hepatitis B and C.



Photos Courtesy of Gary Robinson, Tribal Eye Productions





Breastfeeding and Alcohol

The New Year is upon us.
So here are some tips for celebrating and breastfeeding.

No amount of alcohol is recommended to be safe while pregnant or breastfeeding, so when a celebration is coming up, plan ahead. You can do this by...

- Pumping and storing breast milk before the big night.
- Nurse your baby before you head out for the night.

This will give you and your baby a chance to have some cuddling and bonding time as well as empty your breasts which helps keep your milk supply up.

- Remember your pump!

Bringing a pump along will help avoid engorgement, and also make it easier to pump and dump.

The recommendation is to wait three hours after one drink before it is safe to breast feed again.

One drink equals ONE 12 oz. can or bottle of beer or ONE 5 oz. glass of wine or ONE 1.5 oz. shot.

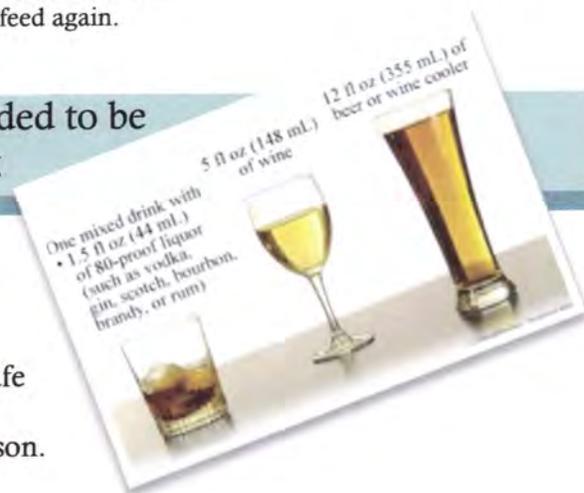
So if a woman has 3 beers, she can safely nurse her baby after 9 hours.

In the meantime pumping and dumping out the milk will help keep your milk supply up and keep baby safe from alcohol.

No amount of alcohol is recommended to be safe while pregnant or breastfeeding

Remember a baby's liver does not process alcohol like an adult's liver, so if you can still feel the effects of alcohol it is not safe to nurse your baby yet.

The best way to guarantee that your baby is safe and keep your milk supply up is to simply choose NOT to drink alcohol this holiday season.



Don't forget to get a designated driver, buckle up and have a Happy New Year!

Chequamegon Bay Area Breastfeeding Coalition

www.babieslikeboobs.org

Improving the health of our community
through breastfeeding support, education and
advocacy.



Winter 2013

How do I know if baby is getting enough milk?

Our Activities

Mama to Mama
parent support group
at Ashland Yoga Studio
from 4-5pm

- December 15, 2012
- January 19, 2013
- February 16, 2013

Coalition Meeting at
Vaughn Library
from 1:30 – 2:30pm

- December 18, 2012
- January 29, 2013
- February 26, 2013

Many breastfeeding mothers worry at some point about whether their baby is getting enough breastmilk. Often nursing mothers have this concern when they are new to breastfeeding and are unsure of their milk supply, or during those first few weeks of life when a weight loss of a few ounces can be critical to a newborn's health. The insecurity a woman experiences regarding her milk supply can result in her switching to formula, as it is much easier to see exactly how much the baby takes in. However, breastfeeding has many more positive health benefits for both mom and baby that they would miss out on by switching to formula only, and for the majority of women, inadequate milk supply is not the issue.

Here's how to know if your baby is getting enough breastmilk:

- Your baby breastfeeds every 2 to 3 hours on average.
- You breastfeed about 8 to 12 times in a 24-hour period.
- Your baby is content for approximately 1 ½ to 2 hours between feedings.
- Your breasts feel full before feedings and softer after the baby is finished breastfeeding.
- Your baby has about 2 soiled diapers a day. Your baby's stools (when breastfed) are loose and a mustard-like color.
- Your baby has at least 6 to 8 wet diapers a day. At least half of the wet diapers are soaked and heavy.
 - Your baby gains about 4 to 7 ounces per week.
 - Breastfeeding is not painful.



If you are experiencing difficulties with breastfeeding or are worried that your baby is not getting enough breastmilk, consult a lactation specialist or medical doctor to determine if there are other issues affecting you or your newborn and the ability to breastfeed.

JANUARY 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Clinic Closed	2 Optical 1-4	3	4	5
6	7 WIC pick up Optical 1-4 Mobile Mamogram	8 WIC pick up Flu Clinic 1-4 Mobile Mamogram	9 Optical 1-4	10 Podiatry Nooni	11 Healthy Lifestyles 12-1	12
13	14 WIC pick up Optical 1-4 Diabetic Support group	15 WIC pick up	16 Optical 1-4	17 Health screenings elderly nutrition site 11-1 COL presentation Nimaamaa	18	19
20	21 Closed Martin Luther King JR day	22	23 Optical 1-4	24 Nooni	25 Healthy Lifestyles 4-5	26
27	28 Optical 1-4	29	30 Optical 1-4	31 Nimaamaa Podiatry		

February 2013

Sun

Mon

Tue

Wed

Thu

Fri

Sat

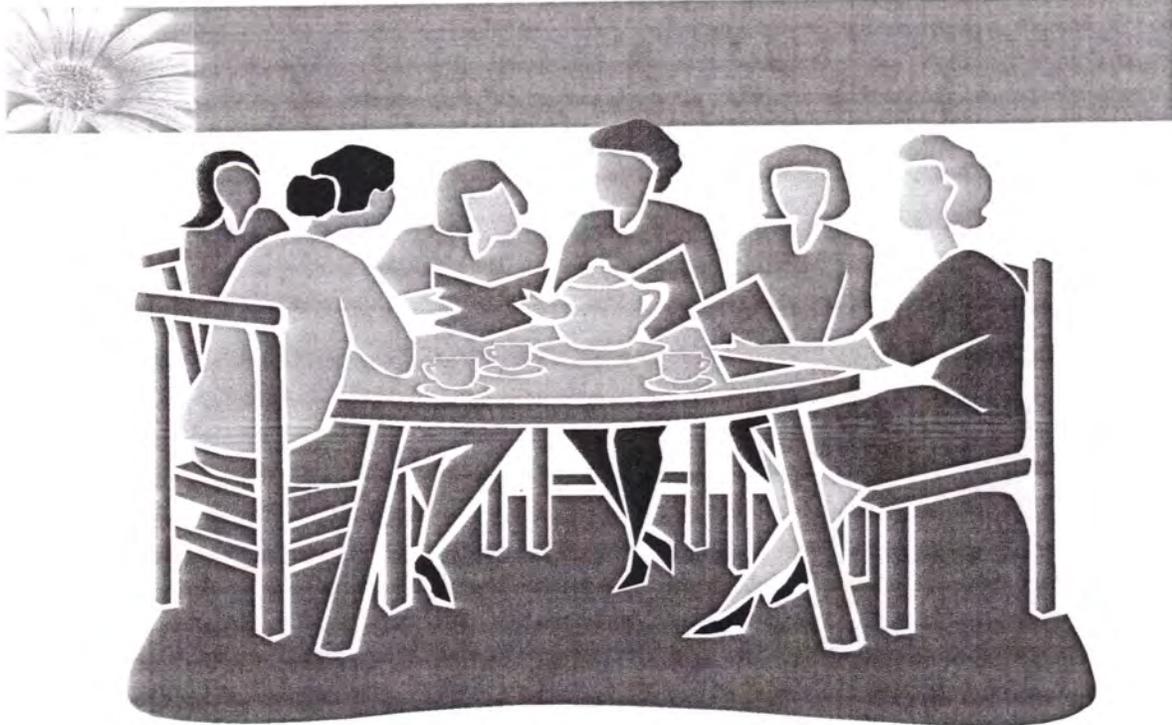
					1	2
3	4 <i>Optical 1-4</i> <i>WIC pick up</i>	5 <i>WIC pick up</i>	6 <i>Optical 1-4</i>	7 <i>Nooni</i>	8 <i>Healthy Lifestyles</i> <i>12-1</i>	9
10	11 <i>Diabetic support group</i> <i>Optical 1-4</i> <i>WIC pick up</i>	12 <i>WIC pick up</i>	13 <i>Optical 1-4</i>	14 <i>Podiatry</i> <i>Nimaamaa</i>	15	16
17	18 <i>Optical 1-4</i>	19	20 <i>Optical 1-4</i>	21 <i>Nooni</i>	22 <i>Healthy Lifestyles</i> <i>4-5</i>	23
24	25 <i>Optical 1-4</i>	26	27 <i>Optical 1-4</i>	28 <i>Podiatry</i> <i>Nimaamaa</i>		



Health Screenings

Thursday, January 17, 2013 from 11am to
1pm at the Elderly Nutrition Site.

Blood Sugars, Blood Pressures and Cho-
lesterol . Call Carolyn Maunu at the Health
Center for more info. 715-779-3707.



Diabetic Support Group

Monday, January 14, 2013 from 6:00—8:00 pm, at the Elderly apartments next to the nutrition site in the back day room.

Dr. Joseph Corbine, Phocis Therapist, from the Red Cliff Clinic, will be doing a presentation on behavior health.

All diabetics and their families are welcomed.

Refreshments will be served.

For more information, please call Carolyn Maunu at the Health Center at 715-779-3707 ext. 235.

